



Healthy Winter Recipe

Simple Oat & Pecan Blueberry Crisp



Ingredients

- 1 cup rolled oats
- 1 cup pecan halves (about $\frac{3}{4}$ cup chopped)
- $\frac{1}{2}$ cup almond meal
- $\frac{1}{2}$ cup flaked coconut (unsweetened, preferably!)
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{4}$ cup + 2 tablespoons olive oil
- $\frac{1}{3}$ cup real maple syrup or raw honey
- 4 cups blueberries



Directions

1. Preheat the oven to 350 degrees. Chop the pecans. Combine the oats, pecans, almond meal, coconut, salt, and cinnamon in a large bowl. Add the olive oil and maple syrup and stir until well mixed.
2. Grease a square baking dish (8x8 or 9x9) and arrange the blueberries in the bottom. Top with the oat mixture. Bake for 25-35 minutes or until the top is golden brown and has firmed up slightly. If you want, you can top with additional flaked coconut and return to the oven for another 5 minutes just for some decorative toasted coconut on top.



Banana Pudding with Shaved Dark



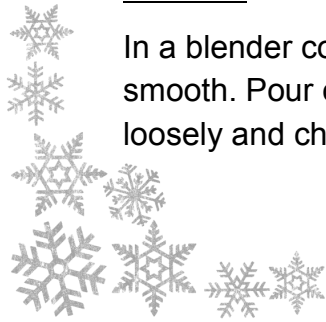
Ingredients

- 2 ripe bananas
- 1 cup silken-style tofu (fresh bean curd) (8 ounces)
- 2 tablespoons light agave nectar
- 1 teaspoon vanilla
- Dash ground cinnamon
- $\frac{1}{4}$ cup shaved dark chocolate



Directions

In a blender combine banana, tofu, agave nectar, vanilla, and cinnamon. Cover and blend until smooth. Pour or spoon into four individual serving bowls. Top with shaved dark chocolate. Cover loosely and chill for at least 1 hour or up to 4 hours before serving.



Healthy Winter Recipe



Glazed Lemon Salmon

Ingredients

- 4 salmon pieces, about 2 lbs.
- kosher salt
- Freshly ground black pepper
- extra-virgin olive oil
- 3 garlic cloves, minced
- 2 lemons
- 1 c. low-sodium chicken stock
- 3 tbsp. unsalted butter
- 2 tbsp. chopped parsley



Directions

- Preheat large cast iron skillet over medium-high heat. Meanwhile pat salmon dry with paper-towels and season with salt and black pepper. Add 2 tbsp. olive oil, when oil is hot but not smoking add salmon skin side up. Cook salmon until deep golden brown, about 3 minutes then flip over for 1 minute. Transfer salmon to a plate and wipe skillet clean with a paper-towel.
- Reduce heat to medium, add 1 tbsp. butter, garlic with zest and juice of one lemon. Sauté for 2 minutes. Thinly slice remaining lemon and to skillet with stock, 1 tsp salt and 1/4 tsp black pepper. Bring to a boil and simmer on low until reduced by almost half, about 3 to 5 minutes.
- Add salmon back to skillet skin side down. Simmer until salmon is cooked through, about 3 to 4 minutes. Add remaining butter and stir to create creamy sauce. Garnish and serve immediately.

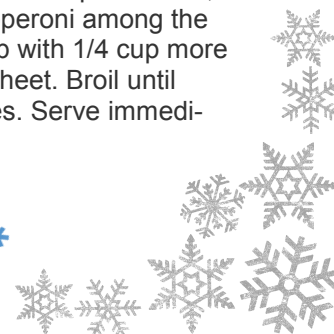
Spaghetti Squash Pepperoni Pizza Boats

Ingredients

- 2 whole spaghetti squash
- kosher salt
- Black pepper
- extra-virgin olive oil
- 1 c. chopped pepperoni
- 2 c. marinara sauce
- 2 c. shredded mozzarella
- 1/4 c. chopped parsley

Directions

- Preheat oven to 400°. Place spaghetti squash on a plate and microwave 5 minutes. Halve each lengthwise and remove any seeds (careful of hot steam!). Transfer to a parchment-lined baking sheet, season with salt and pepper, and drizzle with olive oil.
- Bake cut side down 30 minutes. Remove from oven and heat broiler.
- Meanwhile, in a small skillet over medium heat, crisp pepperoni, stirring occasionally. Transfer to a plate.
- Loosen spaghetti strands using a fork. Add 1/2 cup marinara, 1/4 cup mozzarella, and 1/4 cup crispy pepperoni among the baked squash. Mix filling with a fork and top with 1/4 cup more mozzarella and parsley. Return to baking sheet. Broil until cheese is melted and golden, 4 to 5 minutes. Serve immediately.



Healthy Winter Recipe



Green Pizza

Ingredients

- 1 pound prepared pizza dough, preferably whole-wheat
- 2 cups chopped broccoli florets
- ¼ cup water
- 5 ounces arugula, any tough stems removed, chopped (about 6 cups)
- Pinch of salt
- Freshly ground pepper to taste
- ½ cup prepared pesto
- 1 cup shredded part-skim mozzarella cheese



Directions

1. Position oven rack in the lowest position; preheat to 450°F. Coat a large baking sheet with cooking spray.
2. Roll out dough on a lightly floured surface to about the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8 to 10 minutes.
3. Meanwhile, cook broccoli and water in a large skillet over medium heat, covered, until the broccoli is crisp-tender, about 3 minutes. Stir in arugula and cook, stirring, until wilted, 1 to 2 minutes more. Season with salt and pepper. Spread pesto evenly over the crust, top with the broccoli mixture and sprinkle with cheese. Bake until crispy and golden and the cheese is melted, 8 to 10 minutes.

Kale Chips

Ingredients

- 1 large bunch kale, tough stems removed, leaves torn into pieces (about 16 cups; see Note)
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt

Directions

1. Position racks in upper third and center of oven; preheat to 400°F.
 2. If kale is wet, very thoroughly pat dry with a clean kitchen towel; transfer to a large bowl. Drizzle the kale with oil and sprinkle with salt. Using your hands, massage the oil and salt onto the kale leaves to evenly coat. Fill 2 large rimmed baking sheets with a layer of kale, making sure the leaves don't overlap. (If the kale won't all fit, make the chips in batches.)
 3. Bake until most leaves are crisp, switching the pans back to front and top to bottom halfway through, 8 to 12 minutes total. (If baking a batch on just one sheet, start checking after 8 minutes to prevent burning.)
- Make Ahead Tip: Store in an airtight container at room temperature for up to 2 days.
 - Note: Choose organic kale when possible. Nonorganic can have high pesticide residue.






Healthy Winter Recipe

Banana-Cocoa Soy Smoothie

Ingredients

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- 1 full banana
 - ½ cup silken tofu
 - ½ cup soymilk
 - 2 tablespoons unsweetened cocoa powder
 - 1 banana
 - 1 tablespoon honey





Directions

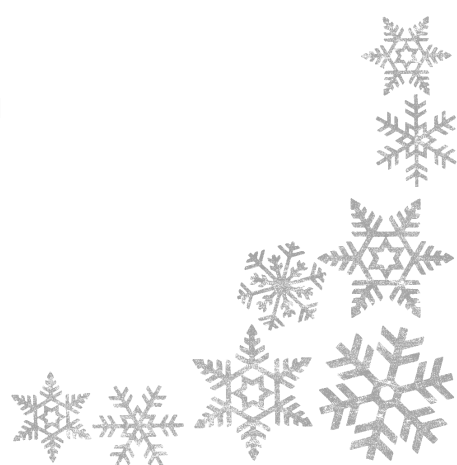
Slice banana and freeze until firm. Blend tofu, soymilk, cocoa and honey in a blender until smooth. With the motor running, add the banana slices through the hole in the lid and continue to puree until smooth.

Dried Fruit Compote with Green Tea & Lemon

Ingredients

- 
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- 3 green tea bags
 - 3¼ cups boiling water
 - 2 tablespoons sugar
 - 2 teaspoons freshly grated lemon zest
 - 3 cups mixed dried fruit, such as apples, apricots, pears, figs and/or raisins

Directions

1. Steep tea bags in boiling water for 3 to 5 minutes. Remove tea bags. Stir sugar and lemon zest into the tea. Cut any large pieces of fruit into halves or quarters. Place the fruit and tea in a 4-quart or larger slow cooker. Cover and cook until the fruit is plump and tender and the liquid is syrupy, 1½ to 2½ hours on high or 3½ to 4 hours on low. Transfer to a bowl and let cool slightly. Cover and refrigerate until chilled.
 2. Make Ahead Tip: Cover and refrigerate for up to 4 days.
 3. For easy cleanup, try a slow-cooker liner. These heat-resistant, disposable liners fit neatly inside the insert and help prevent food from sticking to the bottom and sides of your slow cooker.
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Healthy Winter Recipe

Maple-Glazed Chicken

Ingredients

2 pounds skin-on, bone-in chicken breasts, cut into large chunks
Kosher salt
2 tablespoons extra-virgin olive oil
2 apples (1 red, 1 green), cored and cut into wedges
8 medium shallots, quartered lengthwise
1/4 cup fresh sage, torn
1/2 cup low-sodium chicken broth
1/4 cup maple syrup
1/4 cup apple cider vinegar



Directions

Pat the chicken dry and season all over with salt. Heat a large heavy skillet over high heat and add the olive oil. When the oil is hot, add the chicken skin-side down and cook, undisturbed, until the skin is browned and crisp, about 5 minutes.

Turn the chicken and add the apples, shallots and sage to the skillet. Reduce the heat to medium high and cook until the chicken is browned on the bottom, 4 to 5 minutes. Transfer the chicken to a plate and continue to cook the apples and shallots, stirring, until golden, about 2 more minutes.

Meanwhile, make the glaze: Mix the chicken broth, maple syrup, vinegar and 1/2 teaspoon salt in a small bowl. Add the mixture to the skillet with the apples and shallots and boil until reduced by about three-quarters, 2 to 3 minutes. Return the chicken to the skillet, turning to coat, until cooked through, about 2 more minutes.

Spaghetti With Turkey Chili

Ingredients

Kosher salt
2 tablespoons extra-virgin olive oil
4 scallions, sliced, white and green parts separated
2 large cloves garlic, finely chopped
2 tablespoons tomato paste
2 tablespoons chili powder
1 pound ground turkey
2 cups low-sodium chicken broth
1 14 -ounce can pinto beans, drained and rinsed
3 tablespoons ketchup
Hot sauce, to taste
8 ounces spaghetti
Shredded cheddar cheese and sour cream, for topping (optional)

Directions

1. Bring a large pot of salted water to a boil. Meanwhile, heat the olive oil in a large nonstick skillet over medium heat. Add the scallion whites and garlic and cook, stirring, until soft, 1 to 2 minutes. Add the tomato paste and chili powder and cook, stirring frequently, until the mixture is brick red, 2 to 3 minutes. Add the turkey and stir, breaking up the meat, until almost cooked through, about 4 minutes. Add the chicken broth, beans and ketchup; bring to a simmer and cook until the chili is slightly thickened but still soupy, 12 to 15 minutes. Stir in the scallion greens and hot sauce.

2. Meanwhile, add the pasta to the boiling water and cook as the label directs, then drain. Divide among bowls and top with the chili, cheese and sour cream.



Healthy Winter Recipe

French Onion Soup

Ingredients

- 6 medium-size yellow onions, thinly sliced and divided
- 1/4 cup plus 2 tablespoons butter or margarine, divided
- 2 quarts beef broth, divided
- 6 (1-inch-thick) slices French bread
- 3/4 cup grated Parmesan cheese

Directions

Combine one-third of onion slices and 2 tablespoons butter in a large skillet; sauté until onion is transparent. Transfer onions to a 5-quart casserole. Repeat procedure with remaining onion slices and butter.

Add 2 cups broth to onions in casserole, and bring to a boil. Reduce heat; cover and simmer 20 minutes or until onion is tender. Add remaining broth, and bring to a boil; remove soup from heat.

Cut each slice of French bread in half; toast each side. Arrange toasted bread on top of soup in casserole; sprinkle with cheese. Broil 8 inches from heating element 3 minutes or until cheese melts and becomes golden brown.

Ladle into individual soup bowls, placing a piece of toast in each bowl. Serve immediately.



Shrimp and Chickpea Pasta

Ingredients

- 3 tablespoons olive oil
- 8 ounces mushrooms, sliced
- 1/2 teaspoon salt
- 4 cloves garlic, chopped
- 1/2 teaspoon red chile flakes
- 1 can (14 1/2 oz.) whole peeled tomatoes, chopped
- 2 cans (14 1/2 oz. each) reduced-sodium chicken broth
- 1 can (15 oz.) chickpeas (garbanzo beans), drained and rinsed
- 3/4 pound thin spaghetti
- 1 1/2 pounds shrimp, peeled and deveined
- 2 teaspoons chopped fresh oregano

Directions

1. In a large frying pan with a tight-fitting lid, cook olive oil, mushrooms, and salt, uncovered, over high heat, stirring until mushrooms start to brown slightly, 3 to 5 minutes. Lower heat to medium high, add garlic and chile flakes, and cook, stirring, until fragrant, 1 to 2 minutes. Add tomatoes, chicken broth, and chickpeas. Bring to a boil. Cover, reduce heat to low, and cook 20 minutes.

2. Break pasta into 2-in. pieces. Add pasta to vegetable mixture, cover, and simmer until pasta is cooked on the outside but still raw in the center, about 4 minutes. Add shrimp, cover, and cook until shrimp and pasta are cooked through, about 5 minutes. Stir in oregano and 1 tbsp. lemon juice. Sprinkle with remaining lemon juice to taste. Garnish with green onions, parmesan, and parsley. Serve hot.



Healthy Winter Recipe

Chili Lime Roasted Cashews

Ingredients

- 2 cups raw whole cashews
- 1 lime, zested and juiced
- 1 teaspoon sea salt
- 1/4 teaspoon ground ancho chile pepper
- 1/4 teaspoon ground chipotle pepper
- 1 egg white



Directions

1. Preheat oven to 350 degrees . Line a baking sheet with a piece of parchment paper and set it aside. Place the cashews in a large bowl and set aside.
2. Whisk together the lime zest, salt, ancho chile, chipotle chile and egg white. Pour the wet mixture over the nuts and toss to combine, making sure they are evenly coated.
3. Transfer the nuts to the baking sheet and spread them out in an even layer. Roast in the oven for 30 minutes, stirring occasionally to ensure even cooking.
4. Remove from the oven and drizzle the nuts with lime juice while they're still hot. Let cool. Once they are completely cooled, transfer the nuts to an airtight container and serve as needed.

Roasted Garlic and Sweet Potato Crostini

Ingredients

- 3 heads garlic
- 1 tbsp. olive oil, plus more for drizzling
- 3/4 cup sour cream
- 1/2 tsp. lemon zest
- 1 tbsp. roughly chopped capers, plus more for topping
- 1/4 tsp. crushed red pepper flakes
- Kosher salt and freshly ground black pepper, to taste
- 1 medium sweet potato, peeled and cut into 1/2" pieces



Directions

- Heat oven to 400°. Cut 1/4" from the top of each garlic head, exposing the cloves. Drizzle each with olive oil and wrap tightly in foil. Place in a baking dish and bake until heads are soft and lightly browned, 30-40 minutes; let cool slightly. Squeeze cloves from skins into a bowl; set aside.
- Combine sour cream, zest, capers, pepper flakes, salt, and pepper in a bowl. Cover with plastic wrap and refrigerate.
- Heat olive oil in a 10" skillet over medium heat. Add sweet potatoes, salt, and pepper; cover and cook, stirring occasionally, until softened and beginning to brown, about 8 minutes. Transfer to a paper towel-lined sheet; set aside.
- Brush bread slices with olive oil, and place on a baking sheet. Bake, turning once, until crisp and golden, about 8 minutes. Remove and let cool slightly. Spread about 1 tsp. of the roasted garlic on each crostini. Divide sour cream mixture between crostini. Top with sweet potatoes, and garnish with chopped capers

Healthy Winter Recipe

Broccoli Salad with Creamy Feta Dressing

Ingredients

- 1/3 cup crumbled feta cheese
- 1/4 cup nonfat plain yogurt
- 1 tablespoon lemon juice
- 1 clove garlic, minced
- 1/4 teaspoon freshly ground pepper
- 8 ounces broccoli crowns, trimmed and finely chopped (about 3 cups)
- 1 7-ounce can chickpeas, rinsed
- 1/2 cup chopped red bell pepper



Directions

1. Whisk feta, yogurt, lemon juice, garlic and pepper in a medium bowl until combined.
2. Add broccoli, chickpeas and bell pepper; toss to coat. Serve at room temperature or chilled.
3. Make ahead tip: Cover and refrigerate for up to 1 day.

Salmon Salad Sandwich

Ingredients

- 2 6- to 7-ounce cans boneless, skinless wild Alaskan salmon, drained
- 1/4 cup minced red onion
- 2 tablespoons lemon juice
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon freshly ground pepper
- 4 tablespoons reduced-fat cream cheese
- 8 slices pumpernickel bread, toasted
- 8 slices tomato
- 2 large leaves romaine lettuce, cut in half

Directions

- Combine salmon, onion, lemon juice, oil and pepper in a medium bowl. Spread 1 tablespoon cream cheese on each of 4 slices of bread. Spread 1/2 cup salmon salad over the cream cheese. Top with 2 tomato slices, a piece of lettuce and another slice of bread.



Healthy Winter Recipe

Cheese and Spinach Stuffed Portabellas

Ingredients

- 4 large Portobello mushroom caps
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper, divided
- 1 cup part-skim ricotta cheese
- 1 cup finely chopped fresh spinach
- 1/2 cup finely shredded Parmesan cheese, divided
- 2 tablespoons finely chopped kalamata olives
- 1/2 teaspoon Italian seasoning



Directions

- Preheat oven to 450°F. Coat a rimmed baking sheet with cooking spray.
- Place mushroom caps, gill-side up, on the prepared pan. Sprinkle with salt and 1/8 teaspoon pepper. Roast until tender, 20 to 25 minutes.
- Meanwhile, mash ricotta, spinach, 1/4 cup Parmesan, olives, Italian seasoning and the remaining 1/8 teaspoon pepper in a medium bowl. Place marinara sauce in a small bowl, cover and microwave on High until hot, 30 seconds to 1 1/2 minutes.
- When the mushrooms are tender, carefully pour out any liquid accumulated in the caps. Return the caps to the pan gill-side up. Spread 1 tablespoon marinara into each cap; cover the remaining sauce to keep warm. Mound a generous 1/3 cup ricotta filling into each cap and sprinkle with the remaining 1/4 cup Parmesan. Bake until hot, about 10 minutes. Serve with the remaining marinara sauce.

Beef Stroganoff



Ingredients

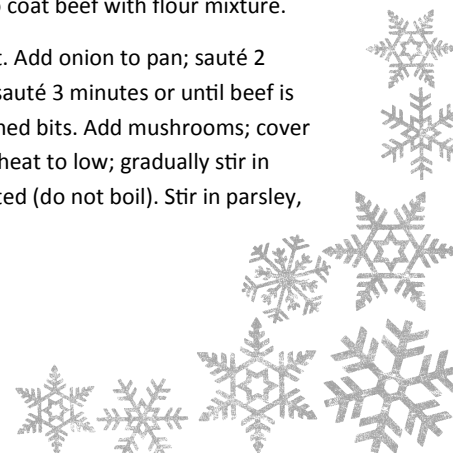
- 1 (8-ounce) carton reduced-fat sour cream
- 3 tablespoons no salt-added tomato paste
- 1 teaspoon Worcestershire sauce
- 1/2 cup all-purpose flour
- 1 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 2 pounds boneless sirloin steak, cut into (2-inch) strips
- 1 tablespoon butter
- 1/2 cup chopped onion
- 1 (14-ounce) can less-sodium beef broth
- 2 cups sliced mushrooms
- Chopped fresh parsley (optional)
- 8 cups cooked medium egg noodles (about 7 cups uncooked pasta)

Directions

Combine the first 3 ingredients in a bowl. Set aside.

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, salt, and pepper in a large zip-top plastic bag. Add beef; seal and shake to coat beef with flour mixture.

Melt butter in a large nonstick skillet over medium-high heat. Add onion to pan; sauté 2 minutes or until tender. Add beef and flour mixture to pan; sauté 3 minutes or until beef is browned. Gradually add broth, scraping pan to loosen browned bits. Add mushrooms; cover and cook 5 minutes or until mushrooms are tender. Reduce heat to low; gradually stir in sour cream mixture. Cook, uncovered, 1 minute or until heated (do not boil). Stir in parsley, if desired. Serve over the egg noodles.



Healthy Winter Recipe

Oatmeal Chocolate Chip Cookies

Ingredients

- 1 cup semisweet or bittersweet chocolate chips
- 1/2 cup chopped walnuts
- 1/2 cup all-purpose flour
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup tahini
- 4 tablespoons cold unsalted butter, cut into pieces
- 2/3 cup granulated sugar
- 2/3 cup packed light brown sugar
- 1 large egg
- 1 large egg white
- 1 tablespoon vanilla extract



Directions

- Position racks in upper and lower thirds of oven; preheat to 350°F. Line 2 baking sheets with parchment paper.
- Whisk oats, whole-wheat flour, all-purpose flour, cinnamon, baking soda and salt in a medium bowl. Beat tahini and butter in a large bowl with an electric mixer until blended into a paste. Add granulated sugar and brown sugar; continue beating until well combined—the mixture will still be a little grainy. Beat in egg, then egg white, then vanilla. Stir in the oat mixture with a wooden spoon until just moistened. Stir in chocolate chips and walnuts.
- With damp hands, roll 1 tablespoon of the batter into a ball, place it on a prepared baking sheet and flatten it until squat, but don't let the sides crack. Continue with the remaining batter, spacing the flattened balls 2 inches apart.
- Bake the cookies until golden brown, about 16 minutes, switching the pans back to front and top to bottom halfway through. Cool on the pans for 2 minutes, then transfer the cookies to a wire rack to cool completely. Let the pans cool for a few minutes before baking another batch.

Zucchini Bread with Chocolate Chips

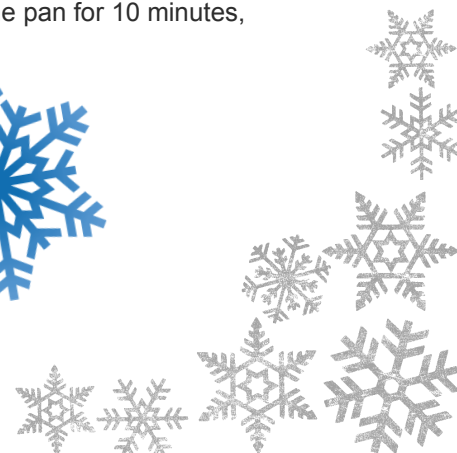


Ingredients

- 3/4 cup low-fat milk
- 2 large eggs
- 3/4 cup sugar
- 1/3 cup canola oil
- 1 teaspoon vanilla extract
- 2 cups shredded zucchini (about 2 small zucchinis)
- 2 cups white whole-wheat flour (
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 cup chocolate chips
- 2 cups rolled oats,
- 1/2 cup whole-wheat pastry flour,

Directions

- Preheat oven to 350°F. Coat a 9-by-5-inch loaf pan with cooking spray.
- Whisk milk, eggs, sugar, oil and vanilla in a medium bowl. Stir in zucchini. Combine flour, baking powder, cinnamon and salt in a large bowl. Add the wet ingredients and chocolate chips to the dry ingredients; stir until just combined. Transfer the batter to the prepared pan.
- Bake until golden brown and a wooden skewer inserted in the center comes out clean, 50 minutes to 1 hour. Cool in the pan for 10 minutes,





Healthy Winter Recipe

Balsamic and Parmesan Roasted Cauliflower



Directions

- Preheat oven to 450°F.
- Toss cauliflower, oil, marjoram, salt and pepper in a large bowl. Spread on a large rimmed baking sheet and roast until starting to soften and brown on the bottom, 15 to 20 minutes. Toss the cauliflower with vinegar and sprinkle with cheese. Return to the oven and roast until the cheese is melted and any moisture has evaporated, 5 to 10 minutes more.

Ingredients

- 1 cup semisweet or bittersweet chocolate chips
- 1/2 cup chopped walnuts
- 1/2 cup all-purpose flour
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup tahini
- 4 tablespoons cold unsalted butter, cut into pieces
- 2/3 cup granulated sugar
- 2/3 cup packed light brown sugar
- 1 large egg
- 1 large egg white
- 1 tablespoon vanilla extract
- 2 cups rolled oats, (not quick-cooking)



Chicken and Sweet Potato Stew

Ingredients

- 6 bone-in chicken thighs, skin removed, trimmed of fat
- 2 pounds sweet potatoes, peeled and cut into spears
- 1/2 pound white button mushrooms, thinly sliced
- 6 large shallots, peeled and halved
- 4 cloves garlic, peeled
- 1 cup dry white wine
- 2 teaspoons chopped fresh rosemary, or 1/2 teaspoon dried rosemary, crushed
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1 1/2 tablespoons white-wine vinegar



Directions

- Place chicken, sweet potatoes, mushrooms, shallots, garlic, wine, rosemary, salt and pepper in a 6-quart slow cooker; stir to combine. Put the lid on and cook on low until the potatoes are tender, about 5 hours. Before serving, remove bones from the chicken, if desired, and stir in vinegar.

